



# Gosfield School

NURSERY ■ PREP ■ SENIOR ■ SIXTH FORM

A CO-EDUCATIONAL INDEPENDENT THROUGH SCHOOL

## EYFS Lunch Menu

Spring 2026





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Our aim is for students to have an early understanding of fresh, healthy food that will have a positive impact throughout their lives.

We serve fresh nutritionally balanced lunches with a variety of meat, vegetarian and vegan options, also encouraging students to taste each dish before choosing their lunch, this helps to broaden their palettes to new tastes and textures.

We use local Suppliers & change our menu termly to ensure only the best quality ingredients make it to their plates. Our Menu's are reviewed regularly, based on the students feedback and market availability.

We also offer filled Jacket Potatoes, Pasta, Daily Specials, Deli Counter with fresh salads and sandwiches, alongside hearty soups in the colder months with hot or cold desserts to top it off.

All Allergies & Dietary requirements are served safely and efficiently using a two tier checking system.

Gluten & Dairy Free alternatives are always readily available upon request. Please feel free to get in touch with any questions or queries concerning students requirements.

## Key

SUL - Sulphite, GL - Gluten, M - Milk, Fish - Fish, Egg - E, Celery - Cel, Mustard - Must

Lupin - Lup, Soya - Soy



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Classic Italian  
Lasagne  
(GL,M)**

**Chicken Pesto**

**Skinless Sausages  
(GL)**

**Pork Meatballs in  
Tomato Sauce  
(SUL)  
Pasta (GL)**

**Fishfingers  
(GL,F)**

**Vegetarian**

**Vegetarian  
Lasagne  
(E)**

**Quorn Pesto**

**Quorn Sausages  
(GL)**

**Meatless Balls in  
Tomato Sauce  
Pasta (GL)**

**Fishless Fingers  
(GL)**

**On The Side**

**Saute Potato  
Broccoli**

**Mash & Gravy  
Carrots  
Yorkshire Pudding  
(GL,E,M)**

**Chips  
Peas  
Beans**

**Dessert**

**A Selection of  
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

# 2nd March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Spaghetti  
Bolognese  
(GL)**

**Mild Chicken  
Curry**

**Macaroni Cheese  
& Ham Bake  
(GL,M)**

**All Day Breakfast  
Egg (E)  
Skinless Sausage  
(GL,SUL)**

**Wholemeal Bap (GL)  
BBQ Chicken  
Skinless Sausage  
(GL,SUL)**

**Vegetarian**

**Spaghetti (GL)  
Vegetarian  
Bolognese  
(E)**

**Mild Vegetable  
Curry**

**Macaroni Cheese  
(GL,M)**

**All Day Breakfast  
Egg (E)  
Veg Sausage (GL)**

**Wholemeal Bap (GL)  
BBQ Quorn  
Veg Sausage (GL)**

**On The Side**

**Peas**

**Rice**

**Mixed Vegetables**

**Beans  
Hash Brown**

**Chips**

**Dessert**

**A Selection of  
Fresh Fruit, Full Fat Yoghurt with Fruit Compote and Sugar Free Jelly**



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Week commencing

# 9th March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Mild Chilli Con  
Carne**

**Chicken Stir Fry**

**Pasta Bake  
(GL,M)**

**Mild Piri Piri  
Chicken**

**Katsu Chicken  
(GL,M)**

**Vegetarian**

**Vegetarian Chilli**

**Quorn Stir Fry (GL,  
WHEAT)**

**Vegetarian Pasta  
Bake  
(GL,M)**

**Mild Piri Piri  
Quorn  
(GL)**

**Katsu Quorn  
(GL,M)**

**On The Side**

**Sweetcorn  
Wedges  
Tortillas**

**Prawn Crackers  
(CRUST)**

**Mixed Salad  
Peas**

**Saute Potatoes  
Mixed Vegetables**

**Sweetcorn  
Mixed Vegetables  
Chips**

**Dessert**

**A Selection of  
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Week commencing

# 16th March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Pasta Bolognese  
(GL)**

**Creamy Chicken  
Curry**

**Butchers Beef  
Burger**

**Roast Chicken  
with Roast  
Potatoes & Gravy**

**Macaroni Cheese  
with Bacon Lardons**

**Vegetarian**

**Tomato Pasta**

**Vegetable Curry**

**Vegetarian Burger**

**Roast Quorn**

**Macaroni Cheese**

**On The Side**

**Mixed Salad**

**Rice  
Green Beans**

**Potato Wedges  
Mixed Salad**

**Fresh Broccoli  
Garden Peas  
Carrots**

**Mixed Leaf Salad**

**Dessert**

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Week commencing

# 23rd March 2026

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Main**

**Fish Fingers**

**Chicken Burger**

**Vegetarian**

**Homity Pie  
Potatoes, Onions,  
Leaks & Cheese  
Shortcrust Pastry**

**Vegetable Burger**

**On The Side**

**Chips  
Fresh Vegetables  
Baked Beans**

**Crispy Potato  
Cubes  
Mixed Leaf Salad**

**Dessert**

**A Selection of  
Fresh Fruit, Full Fat Yoghurt with  
Fruit Compote and Sugar Free Jelly**



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## EYFS Snack Menu

Spring 2026



# Week One

\*Items may vary daily due to availability

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Eggs (E) Cheese (M)	Banana	Crackers (GL) Cheese (M)	Pepper Cucumber Carrot Hummus (S.Seed)	Wholemeal Sandwiches (GL)
Nursery AM	Muffins (GL)	Crumpets (GL)	Tea Cakes (GL, S)	Croissants (GL)	Banana
Nursery PM	Eggs (E) Cheese (M)	Fruit Finger Selection	Crackers (GL) Cheese (M)	Pepper Cucumber Carrot Hummus (S.S)	Wholemeal Sandwiches (GL)

## Key

GL - Gluten    M - Milk    Egg - E  
Soya - S    S.Seed - Sesame Seed

## Available Daily

Breadsticks (GL)    Rice Cakes (No allergens)  
Fruit - Apple/Banana/Orange (Cut and peeled appropriately)

# Week Two

\*Items may vary daily due to availability

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception	Cheese Scones (GL, M)	Pepper Cucumber Carrot Hummus (S.Seed)	Fruit Smoothie (M)	Wholemeal Pitta Strips (GL) Cheese Spread (M)	Wholemeal Sandwiches (GL)
Nursery AM	Wholemeal Bread (GL)	Tea Cakes (GL, S)	Crumpets (GL)	Croissants (GL)	Banana
Nursery PM	Cheese Scones (GL, M)	Pepper Cucumber Carrot Hummus (S.Seed)	Fruit Smoothie (M)	Wholemeal Pitta Strips (GL) Cheese Spread (M)	Wholemeal Sandwiches (GL)

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